

## FAMILY &amp; COMMUNITY EDUCATION (FCE) CLUBS

## President's Notes — Janet's Jargon

**Janet Broer**  
FCE Council Chair



Today I feel buried in fabric at my sewing machine. Creating Halloween costumes each year brings that on and 2005 is no different from decades past. This year there are six orders ranging from baby chicks to a Harry Potter quidditch robe to a knight carrying a sword. The typical creatures from eons ago are out — ghosts, witches and Cinderellas. My

costume inventory includes St. Patrick, Tigger, peas in a pod, a colorful bird with feathers, a ferocious dinosaur, clowns and monkeys to name a few. Somehow, I never seem able to convince my grandkids to recycle these one of a kind creations! As usual, I weaken to their desires for most anything and Halloween is no different this year. Most of all, I truly enjoy their Halloween excitement and I

would do most anything for these little darlins.

Achievement Night is past and we had several FCE honorees for this occasion. We collected many pounds of food for the Food Bank. Look for pictures from this event in the next NEBLINE.

It will be a few weeks before I see most of you. With holidays approaching quickly, keep in mind good food safety practices. I wish a blessed Thanksgiving for each of you.



## FCE News &amp; Events

## 2006 Leader Training Lessons

Here is the schedule for next year's FCE and community leader training lessons. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared for your organization.

• **January 5 — Dietary Guidelines for Americans 2005 and MyPyramid.** UNL Extension Educator Alice Henneman will present the 2005 Dietary Guidelines for Americans and MyPyramid. Nine basic nutrition and food guidelines have been outlined in the latest release of the

Dietary Guidelines for Americans. MyPyramid is the tool developed by USDA to help American children and adults develop healthful diets that meet the new guidelines. Find ways to use the new tools and develop healthier eating habits as part of a healthier lifestyle.

• **January 26 — Embracing Entrepreneurship: New Economic Power for Your Community.** UNL Extension Educator Lorene Bartos, extension educator will present this lesson. It includes a discussion of what is meant by the term "entrepreneur," the significant contributions entrepreneurs make to national/state/local economics, problems faced by entrepreneurs when starting new businesses, identifying local entrepre-

neurs and finally, ways communities can be supportive of budding entrepreneurs. A list of agencies supporting entrepreneurs will be provided in this program.

- **February 23 — Health of Children**
- **March 23 — Care Giving: Challenges and Rewards**
- **September 28 — Have It Your Way — "Putting Legal and Financial Affairs in Order"**

The 2005 leader training lessons are now online at <http://communityprograms.unl.edu>, including:

- Using Your Retail Dollars to Boost Your Local Economy
- Meth — One of Rural America's Greatest Challenges
- Home Fall Prevention — Do It Now!
- Credit Card — Friend or Foe?

## Keeping Family Connections Strong During Holidays

Holidays can be a source of stress and conflict. With the increase of non-traditional families, holidays may remind us of broken relationships or involve connection with others who make us uncomfortable or make gatherings complicated. Activities themselves can be a source of stress when they cause us to rush around without really connecting with others.

## Activities Which Can Build Relationships

Look at the activities you are involved in. Are they necessary? Do they pull you together as a family or push you apart? What activities do you need to do and which can you bow out of?

Take time to discuss with your family the activities important to each of you. Continue activities that have meaning. Identify, define and celebrate holiday rituals that strengthen your family.

Start new ones that build your relationships together. Here are some ideas:

- Have a preparation day where desserts, cookies, candies and other dishes can be made ahead of time. Have fun

planning and preparing the meals together. Include any recipes handed down through generations.

- Decide as a family which decorations you want to have or continue. Work together or divide up responsibilities of trimming the tree, putting up lights, putting up other decorations. Assign each family member age-appropriate tasks.
- Build in time together for interactive games and relaxing.
- Prepare songbooks of your favorite songs and have a sing-a-long with family, relatives or friends. Go caroling to neighbors, friends or shut-ins.
- Bring out old photos and enjoy past memories together. Devote a wall to collages of your favorite family/relative photos. Small albums of photos make fun gifts.
- Pop popcorn and rent a video or watch a holiday special show.
- Set aside a dollar amount to give to those in need through charities, religious organizations or "secret santa" gifts.
- Make a family birthday, anniversary and special day calendar for family members

so they can remember these special days.

## Characteristics of Strong Families During Holidays

- Maintaining positive relationships through visits, gatherings, cards, religious celebrations, etc.
- Agreed upon family rituals.
- Caring, supportive expressions of love in both words and actions.
- Participating together in preparation and planning, as well as rituals and traditions.
- Sharing memories and family stories.
- Together time giving each a sense of belonging.
- Communication (listening, asking questions, "catching up" and making others feel good).
- Flexibility and acceptance of change.
- Sharing meals.
- Shared responsibilities.
- Respect for each other's privacy and belongings.
- Allowing a difference of opinions or interests.
- Taking time to care for your own needs.



by Lorene Bartos, UNL Extension Educator

## Holiday Stain Removal for Washable Fabrics

## Beverages (wine, alcohol and soft drinks)

— Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, ½ teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder. If stain remains, soak in an enzyme presoak for 30 minutes.

**Candle Wax** — Scrape excess from fabric with a dull knife. Spray or sponge with cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between paper may set the candle dye more permanently by making it harder for the solvent to penetrate the wax. Launder using hot water and chlorine bleach if safe for fabric.

**Chocolate or Cocoa** — Sponge with cleaning solvent or treat with prewash stain remover. Rinse. Apply liquid dish detergent to stain. Launder using hot water and chlorine bleach if safe for fabric. If stain remains, soak for 30 minutes in enzyme presoak. Rinse and launder.

## Cosmetics (powder, eyeliner, shadow, etc.)

— Sponge with cleaning solvent or use prewash stain remover. Rinse with water and air dry. Apply liquid dish detergent to stain and launder in hottest water possible for fabric.

**Gravy** — Sponge with cleaning solvent or use prewash stain remover. Rinse with water. Air dry, then apply heavy-duty liquid detergent to stain and launder.

Note: "Cleaning solvents" would include such things as Goof Off® or Goo Gone®.

## Halloween Safety

Halloween is an exciting time for children and adults. Parties and going "trick or treating" can be fun if safety precautions are taken.

Crime prevention and safety tips to follow are:

- Do not leave your home unattended.
- Set a specific time limit for your child/children to be out.
- Give commercially wrapped treats to children you do not know.
- Instruct your children to never enter the home of a stranger.
- Never invite children into your home.
- Children should never be allowed to go out alone.
- Always know who your children are with.
- Always escort your children.
- Adult escorts should carry flashlights.
- Children should walk, not

run, to avoid tripping.

- Turn your porch light on to let children know it's all right to visit your home.
- Instruct your children to stay in their own neighborhood and to trick or treat at homes having porch lights on.
- Children should carry trick or treat bags with strong straps or handles. This allows a child to carry the bag in one hand, leaving the other hand free.
- At night, children should stay on well-lit streets.
- If the costume is made of dark material, attach reflector tape on the costume to increase nighttime visibility.
- Children should wear comfortable, proper fitting costumes and shoes.
- Children should use non-allergenic facial makeup instead of masks.
- Check all treats before eating them.

## Keeping Energy Costs Down

With high heating costs predicted for this winter, saving energy is especially important. Here are some tips to decrease energy usage during the winter and other times of the year.

- Set the thermostat lower when no one will be in the house, or consider installing a programmable thermostat.
- Check air ducts for leaks.
- Keep air vents free of obstructions.
- Keep fireplace dampers closed when not in use.
- Insulate hot water pipes, using material designed for this purpose.
- Use timers to turn lights on and off.
- Use lower wattage bulbs.
- Use compact fluorescent bulbs — they typically use 75 percent less energy and last up to 10 times longer.
- Clean condenser coils on refrigerators. Vacuuming off the coils should be done at least twice a year.
- Keep the refrigerator full, but not overloaded. Too much food can hamper air circulation.
- Dry full loads of clothes. If buying a new dryer, consider getting one with a moisture sensor.
- Clean the lint screen on the dryer after every use.
- Check the dryer vent to make sure it is not blocked.